
Soufflés

Made Simple

Follow LHJ's secret formula for high-rise, no-fear soufflés . . . from lofty cheese (below) to a sumptuous chocolate creation. Recipes, page 112.
*By Sue B. Huffman,
Food Editor.*



DOLLAR'S WORTH

from
Mary Willis



Equipping your medicine chest for allergies and winter colds



Are you prepared for this season's onslaught of coughs, colds and allergies? Here are 3 families of products for these problems that belong in every home medicine chest. They're

made by A.H. Robins, one of the nation's largest manufacturer's of both prescription and non-prescription drugs. Each contains ingredients that have a long history of use and safety in medical practice . . . and all are recommended by physicians and pharmacists. Look for them where health care products are sold.

For different kinds of coughs . . .

there are 4 kinds of Robitussin® cough medicines. Known and prescribed for years by pediatricians and family doctors, each Robitussin formula is specially made for a different kind of cough. Read the labels and see which is best for your family or if you have any questions, ask your doctor or pharmacist.



Hay fever, allergy a problem? Try Dimetane®, a different antihistamine. All leading brands of allergy products sold without prescription contain the same antihistamine. But Dimetane is a different antihistamine,

brompheniramine maleate. So when you want something different for sneezing, for itchy, watery eyes and the runny nose that allergies bring on, look for Dimetane's orange and white package. In tablets and a tasty liquid for children.

Need extra decongestant action?

Try Dimetane® Decongestant. You get nasal decongestant benefits plus the allergy relief of Dimetane. In colds or allergies Dimetane Decongestant helps stop runny nose, and relieves your clogged and congested sinuses. In tablets and a delicious grape-tasting liquid that children take without a fuss.



Before taking medicines, read labels and follow dosage directions carefully.

SOUFFLÉS MADE SIMPLE

continued from page 107

SOUFFLÉ TIPS

- The way you handle the eggs is the key to a perfect soufflé. Separate yolks from whites when eggs are refrigerator-cold, as there is less chance of yolks breaking. Egg whites won't whip up unless fat-free; even a trace of yolk will hinder the process. Make sure bowl and beaters are spotlessly clean, too. Beat egg whites at room temperature for highest volume. The beaten whites should be stiff but not dry and stand in glossy peaks. If overwhipped, they become grainy and break up when folded into the soufflé base.
- The base or sauce part can be made well in advance but the egg whites must be folded in immediately after beating (or they get watery), just before soufflé goes in the oven.
- "Fold" is a technique to incorporate the airy whites into the heavier mixture without losing the volume. To do this: Cut rubber spatula down center of bowl, picking mixture up from the bottom and over the top. Rotate bowl as you work. The first half of the beaten whites should be folded in thoroughly. With the second batch, it's fine if some whites still show.
- Straight-sided soufflé dishes come in three sizes: 1, 1½ and 2 quarts. (Capacity is measured up to ½ inch from top of dish.) If you choose the right size, you won't need to attach a collar for a baked soufflé. With cold soufflés, a paper or foil collar can be used to create the look of a raised, lighter-than-air dessert.
- Make sure oven is preheated. Place soufflé dish on lowest rack of oven.
- A soufflé is ready when puffed, browned and firm. To test for firmness: Press tip of finger on top or move oven rack gently back and forth. If top bounces or shakes, close oven door carefully, bake 5 minutes more; check again.

CHEESE SOUFFLÉ

pictured on page 106

- 4 tablespoons butter or margarine
- 4 tablespoons all-purpose flour
- ½ teaspoon dry mustard
- ¼ teaspoon salt
- ¼ teaspoon paprika
- 1 cup milk
- ¼ teaspoon bottled red pepper sauce
- 1 cup (4 oz.) shredded Cheddar cheese
- 4 egg yolks, slightly beaten
- 6 egg whites, at room temperature

Grease a 1-quart soufflé dish; set aside.

In heavy 2-quart saucepan melt butter or margarine over low heat. Remove from heat; blend in flour, dry mustard, salt and paprika. Gradually stir in milk. Add red pepper sauce. Cook over medium heat, stirring constantly, until mixture comes to a full boil. Remove from heat; add cheese.

Stir about 2 tablespoons sauce into egg yolks, then gradually stir yolks into cheese sauce. Let cool to lukewarm, about 15 minutes. Stir occasionally. (Can be made ahead to this point. Cover surface directly with plastic wrap. Let stand at room temperature up to 1 hour or refrigerate up to 24 hours. Bring to room temperature and stir before proceeding with recipe.) Preheat oven to 350°F.

In large mixer bowl beat egg whites on high speed just until they hold a soft peak. Do not overbeat. Add half the whites to cheese mixture; fold in gently and thoroughly. Fold in remaining whites (it's not necessary to be as thorough with second addition). Pour into soufflé dish. Bake 35 to 40 minutes. Serve immediately. Makes 4 servings, about 370 calories each.

Variations

HAM AND CHEESE SOUFFLÉ

1 recipe Cheese Soufflé (see this page)
¾ cup (3 oz.) ground cooked ham

Prepare Cheese Soufflé as directed but use only 3 tablespoons butter or margarine and ½ cup shredded cheese. Stir in ham after adding egg yolks. Bake 35 to 40 minutes. Makes 4 servings, about 350 calories each.

BACON AND CHEESE SOUFFLÉ

Substitute 6 slices of bacon, crisply cooked and crumbled, for the ground cooked ham.

CHICKEN SOUFFLÉ WITH MORNAY SAUCE

Soufflé

- 4 tablespoons butter or margarine
- 4 tablespoons all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon white pepper
- Pinch nutmeg
- 1 chicken bouillon cube, crumbled, or 1 teaspoon instant chicken bouillon
- 1 cup milk
- 4 egg yolks, slightly beaten
- 1 cup ground cooked chicken
- 1 tablespoon fresh or frozen chives
- 6 egg whites, at room temperature

Sauce

- ¼ cup butter or margarine
- ¼ cup all-purpose flour
- ¼ teaspoon salt
- Dash white pepper
- 1 cup chicken broth
- ¾ cup milk
- 2 egg yolks, slightly beaten
- 1 cup shredded Gruyère or Swiss cheese

Grease a 1-quart soufflé dish; set aside.

Soufflé: In heavy 2-quart saucepan melt butter or margarine over low heat. Remove from heat; blend in flour, salt, pepper and nutmeg. Add bouillon cube. Gradually stir in milk. Cook over medium heat, stirring constantly, until mixture comes to a full boil. Remove from heat. Stir about 2 tablespoons into egg yolks, then gradually stir yolks into sauce. (continued)

- **Foolproof Formula.** We set out to demystify soufflés and it worked! Here's our easy-to-remember equation for almost any main dish soufflé you'll want to make: 4-1-4 (+2). These numbers read out to mean: 4 Tb. each of flour and butter; 1 cup each of milk and cheese or other solids; 4 eggs, plus our special trick for a sky-high success, an extra 2 egg whites. (It's the trapped air in the beaten whites that makes the soufflé rise like a balloon.)
- Think of soufflés as more than dinner party show-offs. Their look may be elegant—but their popularity (and low cost) makes them a perfect choice for family suppers.
- Soufflés are practical, too. Combining a little bit of this and that, they're one of the simplest ways to use up a cup of leftovers.
- Dessert soufflés start with a slightly smoother base; cornstarch added. Be imaginative—mix in liqueurs, fruits, ground nuts.
- Your motto should be: "Show quickly, serve quickly." Assemble family or guests at the table—ready to enjoy the magic of a soaring soufflé.

Step-by-step Cheese Soufflé



1 Prepare basic white sauce with flour, butter and milk. Heat until at full boil. Add 1 cup shredded Cheddar cheese and stir until melted.



2 Spoon about 2 tablespoons hot cheese sauce into 4 beaten egg yolks—to warm the yolks slightly. Blend until well combined.



3 Pour yolk mixture back into cheese sauce, stirring to prevent lumping. Move off burner; cool to lukewarm. Stir occasionally.



4 Beat 6 egg whites (at room temperature) until they hold a soft peak yet still have a gloss. Test: Soft mass should cling to beater when lifted.



5 Fold half the beaten whites thoroughly into cheese sauce with an over/under motion. Then fold in remaining whites.



6 Pour into greased soufflé dish. To form "top hat" (see opposite page), run metal spatula 1" from edge, about 2" deep. Bake.